

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

March 2016



Emmitsburg

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|---|---|---|---|---|---|---|
| | | 1 Strength Training@ 10 Cards games & puzzles | 2 Walking & breathing exercises Trip to Hickory Bridge | 3 Strength Training@ 10 Nutrition Min. All about EGGS Cards games & puzzles | 4 Walking & breathing exercises Groceries for Seniors Canasta cards & puzzles | 5 Trip Friday Mar. 11th U S. Army Heritage & Education Center Cost: \$30.00 leave @ 9 am |
| 6 | 7 Walking & breathing exercises Bowlers meet @12:15 Art 1:30 -3 | 8 Strength Training@ 10 Cards games & puzzles | 9 Walking & breathing exercises Bridge @12:30 Craft class 10-12 | 10 Strength Training@ 10 Cards games & puzzles Wii | 11 Walking & breathing exercises Canasta cards & puzzles | 12 Trip: Fire museum of Maryland Friday March 18th 9am- 3:30pm cost \$35.00 |
| 13 Health with Fred @ 11am on Tuesday the 15th <small>Daylight Saving Time Begins</small> | 14 Walking & breathing exercises Bowlers meet @12:15 Art 1:30 -3 | 15 Strength Training@ 10 Nurse Steve/Trouble Sleeping Cards games & puzzles | 16 Walking & breathing exercises Spring Bingo @ 12:30 | 17 Strength Training@ 10 St Pat's Party & Music Cards games & puzzles <small>St. Patrick's Day</small> | 18 Walking & breathing exercises Canasta cards & puzzles | 19  |
| 20 <small>Spring Begins Palm Sunday</small> | 21 Walking & breathing exercises Bowlers meet @12:15 Art 1:30 -3 | 22 Strength Training@ 10 Spring Luncheon Cards games & puzzles | 23 Walking & breathing exercises Bridge @ 12:30 | 24 Strength Training@ 10 Cards games & puzzles Wii | 25 Walking & breathing exercises Canasta cards & puzzles <small>Good Friday</small> | 26  |
| 27  <small>Easter Sunday</small> | 28 Walking & breathing exercises Bowlers meet @12:15 Art 1:30 -3 | 29 Strength Training@ 10 Cards games & puzzles | 30 Walking & breathing exercises Craft class 10-12 | 31 Strength Training@ 10 Cards games & puzzles | | |